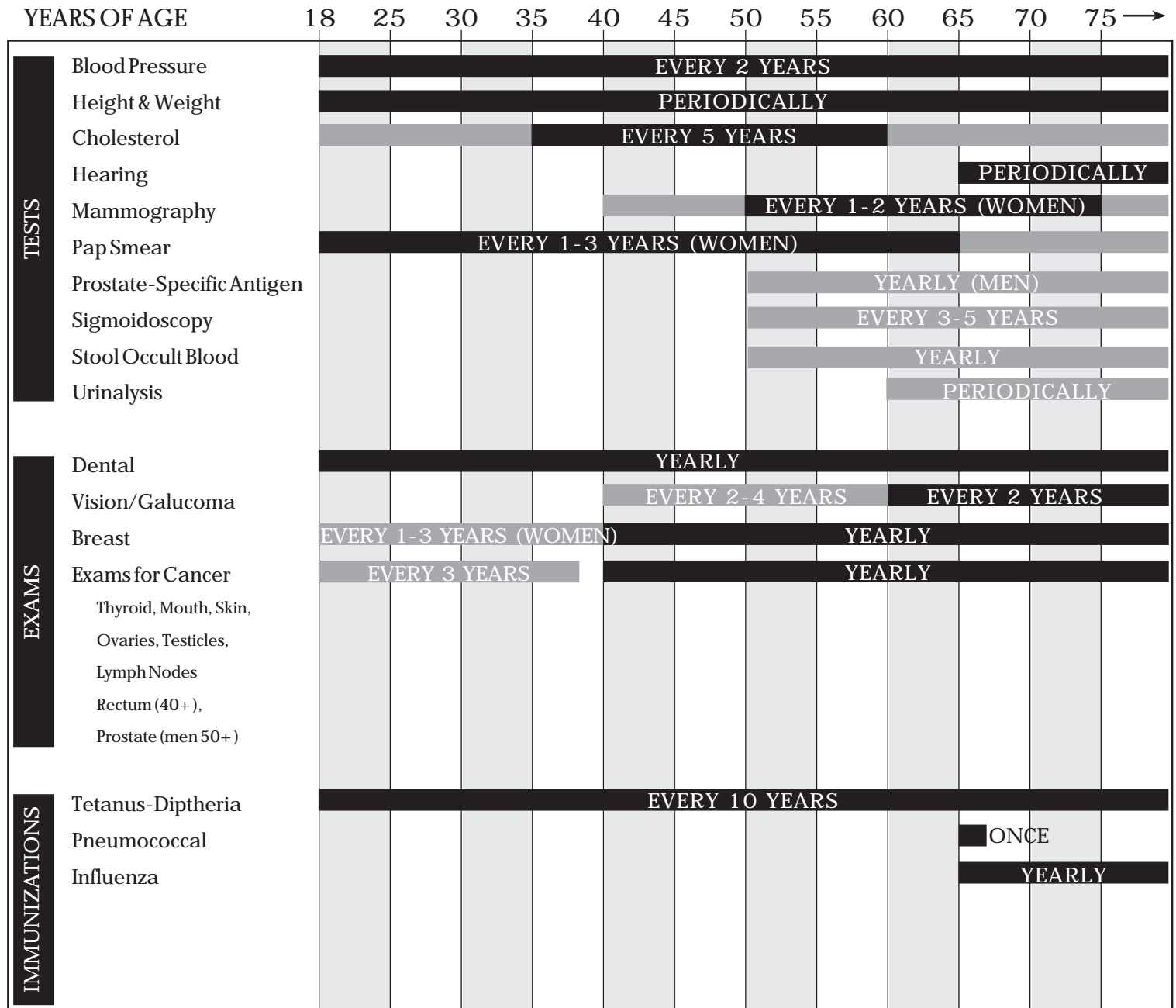# When was your last check-up?

Your life-style is your most important guarantee of lifelong vigor, and you can postpone most serious chronic diseases by the right preventative health decisions. This could mean periodic monitoring for those few diseases that can sneak up on you without clear warning, such as high blood pressure, cancer of the breast or cervix, glaucoma, or dental decay. Your health is your responsibility; it depends on your decisions. There is no other way. You have to decide how to live, whether to see a doctor, which doctor to see, how soon to go, whether to take the advice offered. No one else can make these decisions, and they profoundly direct the course of future events. To be healthy, you have to be in charge, so Healthy Utah urges you to take care of yourself.
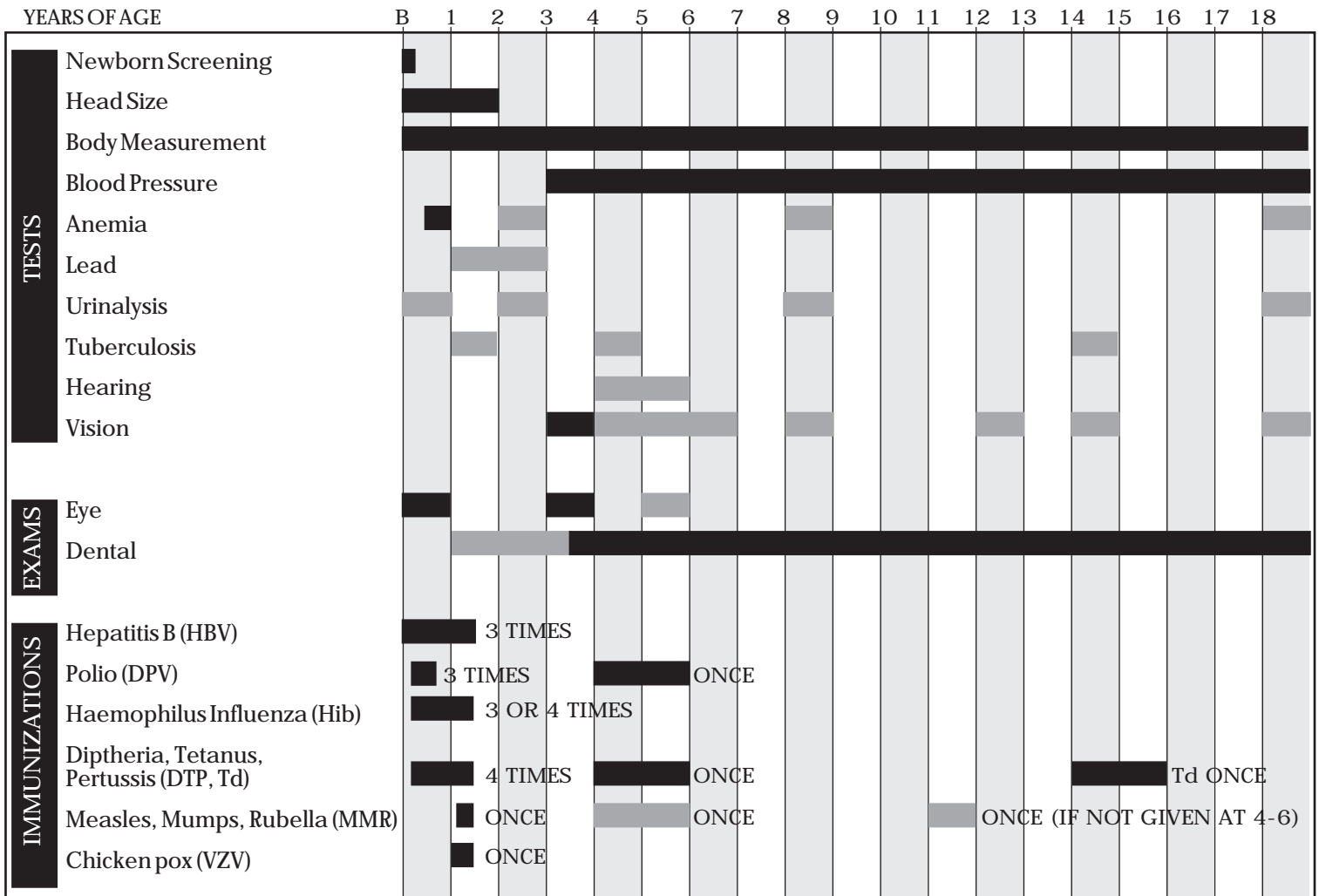
Adult Preventive Care Timetable

YEARS OF AGE: 18 25 30 35 40 45 50 55 60 65 70 75 →

TESTS

Test	Recommendation (age range)
Blood Pressure	EVERY 2 YEARS (18–75+)
Height & Weight	PERIODICALLY (18–75+)
Cholesterol	EVERY 5 YEARS (35–60), some authorities 18–35 and 60–75+
Hearing	PERIODICALLY (65–75+)
Mammography	EVERY 1-2 YEARS (WOMEN) (50–75+), some authorities 40–50
Pap Smear	EVERY 1-3 YEARS (WOMEN) (18–60), some authorities 60–75+
Prostate-Specific Antigen	YEARLY (MEN) (50–75+)
Sigmoidoscopy	EVERY 3-5 YEARS (50–75+)
Stool Occult Blood	YEARLY (50–75+)
Urinalysis	PERIODICALLY (60–75+)

EXAMS

Exam	Recommendation (age range)
Dental	YEARLY (18–75+)
Vision/Galucoma	EVERY 2-4 YEARS (40–65), EVERY 2 YEARS (65–75+)
Breast	EVERY 1-3 YEARS (WOMEN) (18–40), YEARLY (40–75+)
Exams for Cancer	EVERY 3 YEARS (18–40), YEARLY (40–75+)
Thyroid, Mouth, Skin, Ovaries, Testicles, Lymph Nodes Rectum (40+), Prostate (men 50+)	

IMMUNIZATIONS

Immunization	Recommendation (age range)
Tetanus-Diptheria	EVERY 10 YEARS (18–75+)
Pneumococcal	ONCE (65)
Influenza	YEARLY (65–75+)

When was your child's last check-up?
Child Preventive Care Timetable

YEARS OF AGE — B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

TESTS

- Newborn Screening
- Head Size
- Body Measurement
- Blood Pressure
- Anemia
- Lead
- Urinalysis
- Tuberculosis
- Hearing
- Vision

EXAMS

- Eye
- Dental

IMMUNIZATIONS

- Hepatitis B (HBV) — 3 TIMES
- Polio (DPV) — 3 TIMES ... ONCE
- Haemophilus Influenza (Hib) — 3 OR 4 TIMES
- Diptheria, Tetanus, Pertussis (DTP, Td) — 4 TIMES ... ONCE ... Td ONCE
- Measles, Mumps, Rubella (MMR) — ONCE ... ONCE ... ONCE (IF NOT GIVEN AT 4-6)
- Chicken pox (VZV) — ONCE

KEY

■ Recommended by all major authorities. ▧ Recommended by some major authorities.